



Breathe Easy - We're Smoke-Free



Happy New Year!

As of January 1st, 2018, the outdoor grounds of all Ontario hospitals will be 100% smoke-free - including Almonte General Hospital and Carleton Place & District Memorial Hospital.

All Ontario hospitals must comply with the Smoke-Free Ontario Act and the Electronic Cigarettes Act which ban smoking on all hospital properties. This includes smoking in your car if it is parked on hospital property.

The new rules apply to the smoking of tobacco, medical marijuana and e-cigarettes (smoking/vaping). Everyone must leave hospital property to smoke.

The goal is to build healthier communities and ensure that patients, visitors and staff are not exposed to smoking and second-hand smoke and are aware of the new regulations.

The local public health unit is responsible for enforcing the law and carries out inspections and responds to smoking complaints. A Tobacco Enforcement Officer can issue fines in the region of \$150 for unauthorized smoking.

Almonte General Hospital and Carleton Place & District Memorial Hospital provide support to patients and staff who wish to quit smoking. Both hospitals partner with the University of Ottawa Heart Institute and the Leeds, Grenville & Lanark District Health Unit to support the My Quit program.

Smoking cessation programs are also offered through family physicians and the local health unit.

For more information about the smoke-free hospital regulations, please visit www.ontario.ca/page/smoke-free-ontario.

**my
quit**
Quit smoking
your way.

**Visit MyQuit.ca or call
1-877-376-1701 for details on
My Quit. The program is
offered free of charge and is
delivered by coaches who will
develop a personalized
quit plan for you.
Services are offered in
locations across
the region.**